

comprising:

Sub

1. A topical lotion for relieving pain, swelling or inflammation

the active ingredient consisting of oatstraw extract; and water.

characterized in that the oatstraw extract is prepared by steeping oatstraw in water.

- 2. The topical lotion according to claim 1 wherein the water is filtered and magnetized water.
 - 3. The topical lotion according to eraim 2 including glycerine.
 - 4. The topical lotion according to claim 3 including lavender oil.
- 5. The topical lotion according to claim 4 wherein the glycerine is vegetable glycerine.
- 6. The topical lotion according to claim 4 wherein the topical lotion consists essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%.

- 7. The topical lotion according to claim 5 wherein the topical lotion consists essentially of:
 - 0.1% lavender oil;

25% vegetable glycerine; and

q.s. to 100% filtered patstraw extract in filtered and magnetized

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water.

comprising:

A method of treating pain, swelling, itching or inflammation 8.

providing a topical lotion the lotion consisting essentially of: at least 50% oatstraw extract: at least 25% glycerine; and 0.1-0.2% lavender oil. the sum of these/three components being 100%; and applying the lotion topologically to inflamed, painful or swollen areas.

- 9. The method according to claim 8 wherein the pain, swelling. itching or inflammation is caused by a condition selected from one of the following: psoriasis; leprosy; skin poisoning from plants, shingles; measles; chicken pox; boils; cold sores; colds and flu; sinus congestion; sun damage; burns; sunburns; menstrual bloating; menstrual cramps; foot pain; acne; eczema; rosacea; dermatitis; insect/ bites; parasitic infections; hemiated discs; back and/or leg spasms; sore of damaged muscles, ligaments and tendons; bruising; varicose veins; fibromyalgia; multiple sclerosis; cancer treatments; internal organ injuries; brain and nerve surgery; and arthritis.
 - 10. A method of preventing hair loss comprising: providing a topical lotion the lotion consisting essentially of: at least 50% oatstraw extract: at least 25% glycerine; and 0.1-0.2% lavender oil. the sum of these three components being 100%; and

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applying the topical lotion to the scalp of an individual, thereby stopping hair loss.

- The method according to claim 10 wherein the hair loss is 11. caused by psoriasis.
 - A method of promoting hair growth comprising: 12.

providing a topical lotion consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% layender oil,

the sum of these three components being 100%; and

applying the topical lotion to the scalp of an individual, thereby

promoting hair growth.

A method of delieving headache pain comprising: 13.

providing a topical lotion consisting essentially of:

at least 50% oatstraw extract;

at least 25% glyderine;\and

0.1-0.2% laverder oil,

the sum of these three components being 100%; and

applying the lotion topologically to the forehead and neck of the individual, thereby relieving headache pain.

> 14. A facial cleanser comprising:

a lotion consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine;\and

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0.1-0.2% lavender oil.

the sum of these three components being 100%; and a suitable carrier.

15. A cosmetic composition comprising:

a lotion consisting essentially of:

at least 50% patstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%; and

a suitable barrier.

A method of inducing a deeper sleep in an individual

comprising:

providing a topical lotion consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil.

the sum of these three components being 100%; and

applying the lotion topologically to the soles of the feet of th

individual.

A laundry additive comprising: **17**.

a mixture consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,



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the sum of these three components being 100%; and a suitable carrier.

48. A hair or body product comprising:

a mixture consisting essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%; and

a suitable carrier.

19. The body or hair product according to claim 18 selected from the group consisting of: body washes; shaving creams; shaving gels; shaving lotions; shampoos; conditioners; body lotions; moisturizing lotions; facial and wrinkle lotions; hand lotions; body creams; hand creams; facial creams; aftershave lotions; skin cleansing preparations; make-up removers; personal deodorants; suntan oil preparations; sunscreen preparations; sun block preparations; lip balms; aromatherapy products; massage gels; foot lotions; facial masques; pimple/acne preparations; facial and body firmers; pore size reducing preparations; styling lotions; and styling sprays.

20. A process for preparing a topical lotion comprising:

providing a quantity of oatstraw;

providing heated water,

placing the patstraw in the heated water,

steeping the oatstraw in the heated water, thereby producing an

oatstraw mixture;

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filtering the oatstraw mixture, thereby producing an oatstraw xtract;

mixing the oatstraw extract with glycerine and lavender oil, thereby producing a topical lotion.

- 21. The process according to claim 20 wherein the heated wat r is filtered and magnetized water.
- 22. The process according to claim 21 wherein the topical lotion consists essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%.